**EMS Counseling Department**

**Who we are?**

**Rene’ Cook:**

Counselor for students with last names A-K

 rcook@esdk12.org

303-646-17898

**Shannon Paxton:**

Counselor for students with last names L-Z

 spaxton@esdk12.org

303-646-1789

**What we do?**

**Individual Services**Counselor is available to meet with students for academic, career, and personal/social needs. We provide referrals to outside agencies for students and/or their families.

**Group Services**

Counselors meet with students in a small and/or large group setting based on student needs.  Some groups may include family changes, grief and loss, social skills, etc. Groups provide support for students who may be experiencing similar situations and help them learn coping strategies. Groups meet once a week for 30 minutes and run for approximately six weeks.

**Mediation**Conflict is an inevitable part of our lives. Counselors work with students to teach them strategies to resolve conflicts they may have with friends or classmates.

**Classroom Guidance**Counselors deliver lessons in the classroom as needed on various topics such as bully prevention, substance awareness and prevention, character education, career exploration and study skills/time management.

**Tutoring Programs**

Peer Tutors: 8th grade WEB students offer organizational skills, time management, test taking skills, study tips, stress management, etc. to other students who can benefit from these skills.

EHS NHS Tutors: Elizabeth High School students involved in National Honor Society have volunteered to tutor EMS students in any subject area. They will set up a time and place outside of school hours to help EMS students with their academics.

**We are here to help!**